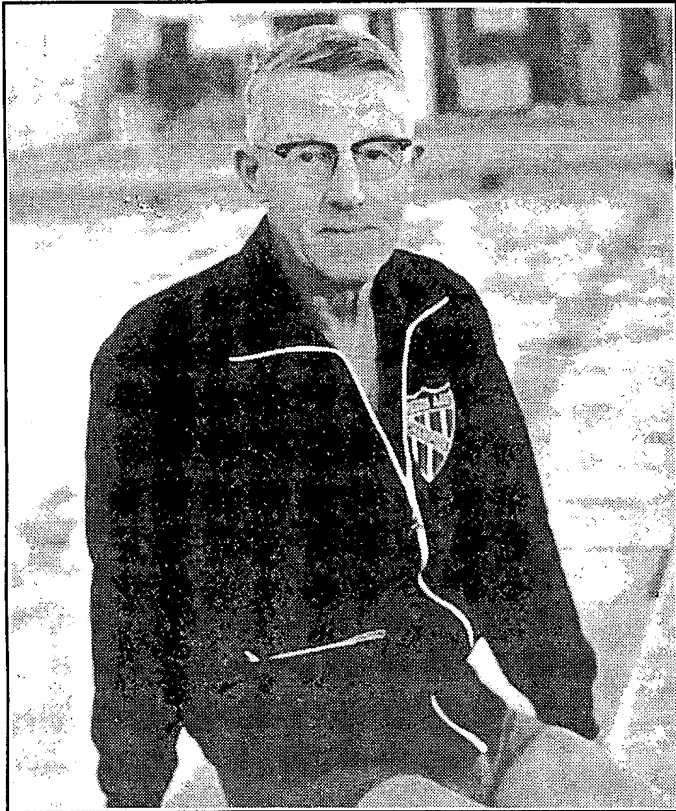


# Aqua-Master

Volume 23, Number 1

February, 1996



## The CHAIR'S CORNER

by Eric Guest

Welcome to 1996. Some of you will have one, maybe two meets under your belts and I hope your performances were to your expectations this early in the year.

On Jan 3rd, Oregon Masters and the swimming world suffered a great loss. I was informed by Earl Walter that our Herb Eisenschmidt had passed away. For those of us who knew Herb, knew what a kind gentleman and great swimmer he was. He set numerous Association, Zone, National, and World records in age groups 75 through 90 that still stand. Herb always had a kind word and smile for everyone he met. He has been an inspiration to many of us and will be sorely missed. Our heartfelt sympathy go out to his family as we say "GoodbyeHerb. You will always be in our hearts and memories." Earl Walter attended the interment.

*continued on page 5*

## Barnacle

OL reviews results records

by Earl Walter

### Herbert Frank Eisenschmidt (1906-1996)

**S**aying goodbye to someone like Herb is almost impossible. There are so many great memories to recount and tell again and again. He was born in Leipzig, Germany. He and his mother followed his father to the United States in 1910. Initially they lived in New York, and then moved to Portland.

During his high school years at Jefferson, he started competitive swimming at the old Portland Natatorium. He graduated and matriculated to O.A.C., now Oregon State University. He studied for his teaching credentials, and represented the university in swimming. He was a premier backstroker in the Pacific Coast Conference, and also in the Northwest, representing the Multnomah Athletic Club, plus competing in the 1932 Olympic Trials. He graduated with a BS degree in 1934.

*continued on page 3*

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### Entry Forms

You'll find them throughout this issue.

*The people behind Oregon Masters Swimming, Inc.*

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**Janice Gaines**  
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*Past Chair*

**David Cobb**  
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## Calendar and Meet Schedule 1996 - 97

Date	Event	Location
February	Postal	Your pool February Fitness Challenge '96
Feb 3-4	SCY	Spokane, WA Shadle Park HS
<b>Feb 11</b>	<b>SCY #3</b>	<b>Portland, OR Matt Dishman Community Center</b>
Feb 17	SCY	Seattle, WA Helene Madison Pool
Feb 24-25	SCY	Yakima, WA Lions Pool
<b>Mar 2-3 *</b>	<b>SCY #4</b>	<b>Ashland, OR S. Oregon State College</b>
Mar 17	SCY	Bangor, WA Naval Submarine Base
<b>Mar 22-24*</b>	<b>SCY #1</b>	<b>Gresham, OR Mt. Hood Community College</b>
		<b>Oregon Masters Association Championships</b>
<b>March 23</b>	<b>Meeting</b>	<b>OMS, Inc. Annual Meeting - All members welcome</b>
		<b>Following Saturday's events of Association Championships</b>
Apr 12-14*	SCY	Federal Way, WA NW Zone S.C. Championships
<b>April 27*</b>	<b>SCY</b>	<b>Beaverton, OR THBSC Pentathlon (rescheduled)</b>
May 9-12	SCY	Cupertino, CA USMS National S.C. Championships
<b>June 22</b>	<b>LCM</b>	<b>Beaverton, OR THBSC LC meters</b>
June 23 - July 2	LCM	Sheffield, England VI FINA World Masters Championships
<b>July 13-14</b>	<b>LCM</b>	<b>Site to be determined State Games of Oregon</b>
<b>July 21</b>	<b>Open Water</b>	<b>Squaw Lake Southern Oregon Lake Swim</b>
<b>July 27</b>	<b>LCM</b>	<b>Eugene, OR 14th Annual Senior Masters Sports Fest</b>
Aug 21-25	LCM	Ann Arbor, MI USMS National L.C. Championships
<b>Aug 31</b>	<b>SCY</b>	<b>Portland, OR Pride of Portland Sportsfest Dishman Pool</b>
May 1997	SCY	Federal Way, WA USMS National S.C. Championships
Aug 1997	LCM	Orlando, FL USMS National L.C. Championships

\* Meet entry form enclosed in this issue

For info on swim meets in western Washington contact... Jan Moore: 1867 - 58th St. NE, Tacoma, WA 98422 (206) 925-0803 .

For info on swim meets in eastern Washington contact... Elin Zander: S. 13927 Traver Lane, Valleyford, WA 99036 (509) 448-5250.

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*United States Masters Swimming Inc., is now, as it always has been, concerned for the safety and health of its members. It will continue to disseminate such information concerning swimming safety and health as comes to its attention. However, United States Masters Swimming cannot and does not accept responsibility for the content of any information or material not authorized by United States Masters Swimming Inc. All opinions stated in any such material are solely those of the author(s) and not necessarily those of United States Masters Swimming Inc.*

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*Aqua-Master is published monthly by John Zell, 4640 N.E. 36th Avenue, Portland, OR 97211-7618. It is the official publication of Oregon Masters Swimming, Inc. It is the only source for meet entries and results of OMS/USMS sanctioned swim meets in Oregon. See the last page for membership information. A subscription is part of membership in OMS. Non-members can subscribe using the membership form and sending a check for \$7.00 payable to OMS. OMS is a Local Masters Swimming Committee (LMSC) and part of United States Masters Swimming Inc.*

## *Ol' Barn continued from page 1*

He and Alta were married in 1935. Herb stayed on at OSU for five years, working as manager of the Memorial Union Building, and head swimming coach.

In 1939 he went to work for the St Helens School District as Manager of the new swimming pool. In addition he taught P.E., Health, Science, and coached the wrestling and swimming teams. He also coached fencing, plus being the trainer for the football, basketball, baseball and track teams.

After two years with the Army Medical Corps during WWII, Herb returned to St Helens. During the summers, Herb worked for the Shaver Forwarding Company, in their tugboat business, while finding time to be scoutmaster for the seascout troop. He retired in 1972, but continued to substitute in teaching whenever needed. His name in St Helens simply became, "Mr E.", and that is what he will always be known as, "Mr E. "

Somehow, during all this Herb and Alta managed some time for a family. Raising a son Kurt and a daughter Karen, plus enjoying their favorite vacation spot, Death Valley. He and a friend at auction, bought five beach lots in Netarts for \$12.00 in 1929. Herb built two rustic cabins and entertained his family as well as students. He was known for his huge appetite, which never added a pound to his body. With all his boundless energy and enthusiasm, gaining weight was impossible.

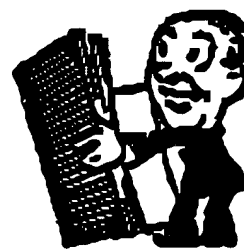
Herb's first Masters swimming meet was at the MAC, April 1, 1978, setting OMS and Zone records in the 50, 100, and 200 Back. He was 71. It is interesting to note that his times in that age group (70-74), would still make the Top 5 for the 100 and 200. Herb was a swimmer! One of his favorite memories, was teaming with Forbes Mack, Earl Walter and Bob Morrison, to set a new World record in the medley relay at the 1987 State Games.

Herb's goal was to be All American. In 1984 he was ranked # 1. From then on, Herb was All American every year he swam. Twice he was selected U S Masters Swimmer of the Year, and was Oregon Masters "Top Male Swimmer" from 1985 thru 1991. He still holds 2 World Records, and countless State Games, Oregon and Zone Records.

Your writer has been in Masters since 1974, I have never known anyone the likes of Herb Eisenschmidt. He was a true champion, in short Herb had true grit. Many of you will recall the times he hit the wall on a backstroke turn, no matter, bruised and bloody, he would continue swimming the entire meet. He was the first one to lend encouragement to fellow swimmers, I can hear him now, "Come on Earl, swim harder, give it all you've got".

Yes, Herb Eisenschmidt was something else. A champion, a wonderful father, husband, coach and friend. There is no doubt in my mind Herb will be remembered and loved for a long, long time. We miss you Herb !

## This is your newsletter!



If you enjoy reading things other than meet results and entry forms, then it's time for you to step up to blocks and contribute. We except articles of any nature that would be of interest to our members.

Oregon Masters Swimming has a wealth of knowledgeable and very talented individuals. It's time to share. If a dozen people sat down and wrote an article we'd have the minimum for a years worth of issues.



For those of you who coach, writing an article should be a snap. If you are a member A.S.C.A., then writing can add to your points total moving you up the ladder of certified levels.

Please make it a New Years Resolution to contribute to something you enjoy getting each month.



Our preference is that articles are submitted on a 3.5" computer disk along with a printed copy. Most word processing programs will work, but our preferences are Microsoft Word, Microsoft Works, Microsoft Write, Word Perfect, WriteNow, or Mac Write. If you don't have one of these programs, then your text saved as a standard ASCII file will probably work.

The monthly deadline for articles is the 15th of each month for publication in the next months issue. You'll be surprised how easy it is and how much it is appreciated. If you have questions contact John Zell at 503-282-9347.



Mail your articles to:  
Aqua-Master  
4640 N.E. 36th Avenue  
Portland, OR 97211-7618

# Oregon Masters Swimming Short Course Yards Meet

Sanctioned by Oregon Association for USMS, Inc. Sanction # 376-04

ELIGIBILITY: Currently registered USMS swimmers, 19 years and older.

Unregistered swimmers must submit a 1996 registration form and fee with this form.

## Rogue Valley Masters Meet

Place: Southern Oregon State College

McNiel Hall

Ashland, OR

5 Lanes competition - electronic timing

1 lane continuous warm-up / down lane

Host: Rogue Valley Masters Co-Meet Directors: Richard Smith 503-488-1848 & June Mather 503-482-0610

DIRECTIONS TO POOL: From I-5 South take exit 14. Turn right onto Ashland Street, heading west. Proceed on Ashland approx. 1 mile to Stadium Way. Turn right on Stadium Way and go two blocks to Webster. Turn left and you are at the pool.

DATE: March 2 - 3, 1996

SATURDAY 3-2-96	SUNDAY 3-3-96
Warm-ups: 4:00 p.m.	Warm-ups: 9:30 a.m.
Meet starts: 5:00 p.m.	Meets starts: 10:30 a.m.

**All entrants MUST submit a PHOTOCOPY  
OF THEIR CURRENT USMS REGISTRATION CARD OR FORM WITH THIS ENTRY.**

**ENTRY DEADLINE : POSTMARKED NO LATER THAN FEBRUARY 17, 1996**

FILL IN COMPLETELY-----<-----RETURN THIS LOWER PORTION-----<-----FILL IN COMPLETELY

NAME \_\_\_\_\_ 1996 USMS # \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_

CLUB (OREG, MACO, PNA, IEM, etc) \_\_\_\_\_ Age Groups: 19-24, 25-29, 30-34 etc up to 95+

Relay age groups: 19+, 25+, 35+, 45+, 55+, 65+, 75+. You may enter a maximum of 6 individual events plus 4 relays. You may swim a maximum of 5 individual events per day. Enter relays at the meet. The 400 I.M., 500, 1000, and 1650 Freestyles will be deckseeded and all events will be seeded slow to fast.

### SATURDAY MARCH 2

400 I.M. (1) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

1650 FREE (2) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

1000 FREE (3) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

### SUNDAY MARCH 3

500 FREE (4) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

BREAK BREAK BREAK

FREE RLY (5 / 6) XXXXXXXXXXXXXXXX

50 BREAST (7) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

100 FLY (8) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

200 FREE (9) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

50 BACK (10) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

100 I.M. (11) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

MXD FR RLY (12) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

100 BREAST (13) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

50 FLY (14) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

100 FREE (15) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

200 BACK (16) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

MED RLY (17 / 18) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

200 BREAST (19) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

200 FLY (20) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

50 FREE (21) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

100 BACK (22) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

200 I.M. (23) \_\_\_\_\_:\_\_\_\_\_.\_\_\_\_\_

MXD MD RLY (24) XXXXXXXXXXXXXXXX

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

MEET ENTRY FEE: \$11.00 SEND FORM(S) & FEE(S) PAYABLE TO: OREGON MASTERS SWIMMING  
c/o Suzanne Rague 935 N.W. 170 Place Beaverton, OR 97006

## WORKOUT EXPECTATIONS

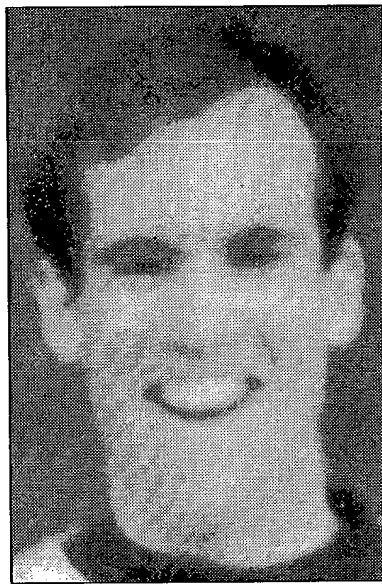
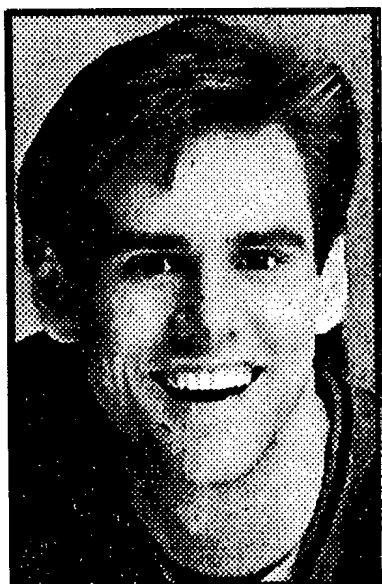
by Bert Petersen  
Head Coach, Parkrose Masters

After 40 years as a swimmer, parent, and coach, I have learned the following indisputable facts:

- If you workout once a week, expect no improvement unless you are a complete novice. Each swim will be torture; like "starting over."
- Twice a week sessions are like treading water, you go nowhere.
- Thrice weekly swims will produce slow, steady improvement or maintain a high level of fitness.
- Four or five hours a week should enable you to improve your strokes, fitness, and attitude significantly.
- Six to eight hours - BIG improvement, but watch out for burnout and / or injury.
- Coached workouts are best.
- Very few people have the drive and motivation to workout alone and really press themselves.

The Bottom Line: For best performance, workout in a group, with a coach, for 4 to 5 hours per week.

## TWIN BROTHERS SEPARATED AT BIRTH?



Actor / Comedian Jim Carrey (left) and Multnomah Athletic Club Masters swimmer John Keppler. Two very talented brothers. How does their mother tell them apart?

"The CHAIR'S CORNER" continued from page 1

Once again it is election time. The board positions up for election are Vice Chairperson and Treasurer. By now your team representatives should have received your ballots. You are requested to check with your teammates, make your selection, and return the ballots promptly. We currently have two nominees; Roy Abramowitz has consented to stay on if re-elected and Tim Waud has agreed to run for Vice Chair.

Albertina Kerr Center's Jeff Knapp, has approached OMS to sponsor their programs. The Board will consider this and encourage your participation and donations to an excellent cause.

Until next time, God Bless.

# PHOTOS PHOTOS

## SEND US YOUR PHOTOS

Color, Black & White Print, or 35mm Slide

Swimming action pictures,  
Silly photos,  
your club activities,  
the strange and the bizarre,  
or whatever you'd like.

Send attached letter telling the story behind your photo. Please try to limit the length of your story to 100 words or less.

Your story MUST be type written or on computer disk. Disk must be 3-1/4" type either Macintosh (preferred) or PC based word processing program.

See page 3 ("This is your Newsletter") for more details regarding computer disk requirements.

c/o Aqua-Master 4640 N.E. 36th Ave Portland, OR 97211

# ***OMS Association Championships***

***March 22-24, 1996***

## **OFFICIAL RULES AND GUIDELINES**

### ***DISTANCE EVENTS CHECK IN TIME***

Friday March 22nd 400 I.M. - 6:00 p.m. 1650 Free - 6:30 p.m.

Saturday March 23rd 1000 Free - By the end of the 30 minute awards break.

Sunday March 24th 500 Free - By the end of the 30 minute awards break.

### ***RELAY ENTRIES CUT-OFF TIME***

Saturday March 23rd **Free Relay** - 8:30 a.m.

**Mixed Free Relay** - By the finish of the 200 I.M.

Sunday March 24th **Medley Relay** - 8:45 a.m.

**Mixed Medley Relay** - By the end of the 30 minute awards break.

***SEEDING FOR DISTANCE AND RELAY EVENTS WILL BEGIN PROMPTLY  
AT THESE TIMES AND ENTRY WILL BE OFFICIALLY CLOSED.***

***THERE WILL BE NO EXCEPTIONS FOR LATE ENTRIES OR LATE CHECK-INS.***

**TEAM SCORING:** As in years past, there will be three team categories based on the number of "entered" swimmers from a team. There will be a meeting of all the team representatives on Saturday morning at 9:00 a.m. to vote on the breakdown of the teams into these three categories. At this meeting we announce the number of swimmers entered per team and look for the "natural breaks" in those numbers. We have used as a guideline the groupings of 1 to 9, 10 - 19, and 20 or more swimmers. Swimmers from LMSCs outside of Oregon are allowed to enter but are not scored in the team competition. (See TEAM ABBREVIATIONS)

**TEAM ABBREVIATIONS:** Please read the "TEAMS TEAMS" page of this Aqua-Master and use only the full and official team abbreviation for the team you wish to compete with.

***What you write down on your entry form is it and no exceptions will be allowed.***

***If you leave this space blank you will be entered as unattached for team scoring.***

**TEAM AWARDS:** Trophies for First, Second, and Third Place will be awarded for each team category along with the trophy for the Overall Team Champion.

***IF YOU HAVE ANY QUESTIONS ABOUT THE RULES AND GUIDELINES FOR THIS MEET  
PLEASE CONTACT ERIC GUEST AT 503-668-4465 EVENINGS ONLY AFTER 7 P.M.***

# Oregon Masters Swimming Short Course Yards Meet

Sanctioned by Oregon LMSC for USMS, Inc. Sanction #376-05

Eligibility: Currently registered USMS swimmers, 19 years and older.

Unregistered swimmers must submit a 1996 registration form and fee with this form.

## Oregon Masters Association Championships

**DATE: March 22-24th, 1996**

Place: Mt. Hood Community College Aquatic Center  
Gresham, OR

5 lanes competition - electronic timing

1 lane continous warm up/down

Meet Director: Phil King 503-667-7244 (work)

Directions to pool: Take I-5 or I-205 to I-84 East. Follow signs to Mt. Hood Community College.

**WARM-UPS: FRIDAY 5:30 P.M.**  
**MEET STARTS: FRIDAY 6:30 P.M.**  
**WARM-UPS: SAT. & SUN. 8:00 A.M.**  
**MEET STARTS: SAT. & SUN. 9:00 A.M.**

**All entrants MUST submit a PHOTOCOPY  
OF THEIR CURRENT USMS REGISTRATION CARD OR FORM WITH THIS ENTRY.**

**ENTRY DEADLINE: POSTMARKED NO LATER THAN MARCH 9th, 1996**

**FILL IN COMPLETELY**-----<-----RETURN THIS LOWER PORTION----->-----**FILL IN COMPLETELY**

NAME \_\_\_\_\_ 1996 USMS # \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_

**Your Local TEAM** \_\_\_\_\_ (USE OFFICIAL TEAM ABBREVIATION - consult "Teams" page in this issue)

USMS CLUB \_\_\_\_\_ (OREG, MACO, PNA, IEM, SAWS, etc.)

Age Groups: 19-24, 25-29, 30-34 etc up to 95+. Relay age groups: 19+, 25+, 35+, 45+, 55+, 65+, 75+. You may enter a maximum of 6 individual events plus 4 relays. You may not swim more than 5 individual events per day. Enter relays at the meet. The 400 I.M., 500, 1000, and the 1650 Free will be deckseeded and all events will be seeded slow to fast.

SEE PREVIOUS PAGE FOR THE "OFFICIAL RULES AND GUIDELINES" FOR THIS MEET

**FRIDAY MARCH 22**

400 I.M. (1) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

1650 FREE (2) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

**SATURDAY MARCH 23**

**FREE RELAY(3 / 4) XXXXXXXXXXXXXXXX**

**BREAK BREAK BREAK**

50 FREE (5) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

100 BREAST (6) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

200 BACK (7) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

50 FLY (8) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

200 I.M. (9) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

**30 MINUTE AWARDS BREAK**

**MXD FR RLY (10) XXXXXXXXXXXXXXXX**

100 FREE (11) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

200 BREAST (12) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

50 BACK (13) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

**BREAK BREAK BREAK**

1000 FREE (14) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

**SUNDAY MARCH 24**

100 FLY (15) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

**MED RLY (16 / 17) XXXXXXXXXXXXXXXX**

**BREAK BREAK BREAK**

200 FREE (18) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

50 BREAST (19) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

100 BACK (20) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

**30 MINUTE AWARDS BREAK**

200 FLY (21) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

100 I.M. (22) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

**MXD MD RLY (23) XXXXXXXXXXXXXXXX**

**BREAK BREAK BREAK**

500 FREE (24) \_\_\_\_\_:\_\_\_\_\_:\_\_\_\_\_

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

**SIGNATURE** \_\_\_\_\_ **DATE** \_\_\_\_\_

**ENTRY FEE \$13.00** Send form(s) & fee(s) payable to: Oregon Masters Swimming  
c/o Suzanne Rague 935 N.W. 170 Place Beaverton, OR 97006

# MEET INFORMATION: NORTHWEST ZONE/PNA SHORT COURSE CHAMPIONSHIP MEET APRIL 12 -14, 1996

WEYERHAEUSER KING COUNTY AQUATIC CENTER, 650 SW Campus Drive, Federal Way, WA 98023 (206)296-4444. The pool depth varies from 9 to 10-1/2 feet. This is one of the fastest pools in the world and will be the site of the 1997 USMS Short Course National Championship. The competition pool has two courses, each with eight nine foot wide lanes. The diving pool will have seven twenty-five yard lanes and will be used for warm-up during competition.

**DIRECTIONS:** a) NORTH BOUND I-5 OR SOUTH BOUND I-5: Take exit 142 B. You will then be going west on S 348th. Continue West on S 348th past Pacific Highway S (Highway 99) and past 1st AVE S (NOTE: 348th becomes SW Campus Drive after crossing 1st AVE S). The pool is on your right about 1/2 mile past 1st AVE S.

b) WEST bound Highway 18 (from North Bend) continue west on 18 into Federal Way. Highway 18 becomes S 348th after crossing I-5. Follow the instructions for a).

This year's meet will be combined Northwest Zone Championship and PNA Championship. Over 400 entrants are expected. In preparation for next year's USMS Short Course Nationals, which will also be held at the Aquatics Center, two separate 25 yard courses will be used. All entrants will be entered in the Zone Meet. Ribbons will be awarded for first through sixth place for each event in the zone meet. Only swimmers registered with PNA who enter in a timely manner (by March 29th) will be eligible for PNA Champs scoring and awards. Separate medals will be available for purchase (\$2) for PNA Champs entrants who place first through sixth. Teams must register with PNA by March 29th to be eligible for team competition. A no-host social will be held Saturday at 5 PM at the Old Country Buffet, 1816 S. 320th, Federal Way (across from Sea-Tac Mall).

**ENTRIES MUST BE POSTMARKED OR IN THE HANDS OF THE MEET DIRECTOR BY March 29, 1996. ALL SWIMMERS MUST BE REGISTERED WITH USMS PRIOR TO MEET ENTRY OR SUBMIT AN APPLICATION POSTMARKED BY MARCH 29, 1996 ACCOMPANYING THE MEET ENTRY. SWIMMERS FROM OTHER LMSCs MUST INCLUDE A COPY OF THEIR USMS REGISTRATION CARD (OR CASA FOR CANADIANS) WITH MEET ENTRY.**

NO DIVING DURING WARM-UP EXCEPT IN DESIGNATED SPRINT LANES.

ELIGIBILITY: OPEN TO ALL 1996 USMS REGISTERED SWIMMERS 19 AND OVER AS OF APRIL 14, 1996.

SEEDING: SLOW TO FAST FOR ALL EVENTS.

THE DIVING POOL WILL BE OPEN FOR WARM-UP/COOL-DOWN DURING COMPETITION.

MEET DIRECTORS: JANE & HUGH MOORE (206)925-0803 (BEFORE 9 PM PLEASE)

TIMES: Friday, April 12th: WARM-UPS: 5:00 to 5:50 PM; EVENTS 6:00 PM

Saturday, April 13th: WARM-UPS: 8:00 AM to 8:50 AM; EVENTS 9:00 AM

Sunday, April 14th: WARM-UPS: 8:00 AM to 8:50 AM; EVENTS 9:00 AM.

## FRIDAY APRIL 12th

- 1 400 IM
- 2 1650 FREE (check-in 6 PM)

## SATURDAY APRIL 13TH

- 3 50 Back
- 4 200 Fly
- 5 100 Free
- 6 200 Free Relay (check-in 9 AM)
- 7 100 Back
- 8 50 Free
- 9 200 Breast
- 10 100 IM
- 11 200 Mixed Medley Relay  
(check-in 12 noon)
- 12 500 Free (check-in 12 noon)

## SUNDAY APRIL 14TH

- 13 100 Breast
- 14 50 Fly
- 15 200 Free
- 16 200 Medley Relay (check-in 9 AM)
- 17 50 Breast
- 18 200 Back
- 19 100 Fly
- 20 200 IM
- 21 200 Mixed Free Relay  
(check-in 12 noon)
- 22 1000 Free (check-in 12 noon)



**NORTHWEST ZONE SHORT COURSE CHAMPIONSHIP  
& PNA CHAMPIONSHIP  
APRIL 12 - 14, 1996**

SANCTION # 963605, HOSTED AND SANCTIONED BY PACIFIC NORTHWEST ASSOCIATION FOR USMS, INC.

NAME \_\_\_\_\_ M F AGE as of 4/14/96 \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ USMS NUMBER \_\_\_\_\_ - \_\_\_\_\_

CLUB \_\_\_\_\_ or UNATTACHED \_\_\_\_\_ LMSC \_\_\_\_\_ PNA TEAM \_\_\_\_\_  
AGE GROUP: 19-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84 85-89 90+

**ENTRY LIMIT: 6 INDIVIDUAL EVENTS (5 per day) - plus relays.**

Event # EVENT ESTIMATED TIME


**ENTRY FEES**

SURCHARGE: (includes PNA and NW Zone Surcharges)

\$10.00

Individual events @ \$1 each (no charge for relays)

T-shirts: size(s) ( )M ( )L ( )XL @ \$10.00 each. Extra T-shirts will NOT be available at the meet.

Total

**CHECKLIST**

Checks payable to PNA

Mail to:

Jane & Hugh Moore

Phone (206)925-0803 before 9 PM

1867 58th ST NE

Tacoma, WA 98422

VERIFY THAT YOU HAVE ENTERED THE CORRECT CLUB NAME AS IT APPEARS ON YOUR REGISTRATION FORM. PNA MEMBERS SHOULD ALSO VERIFY THAT THE CORRECT TEAM NAME IS ENTERED (ASK YOUR COACH OR TEAM REP)! ENTRIES **MUST** BE POSTMARKED BY March 29, 1996. ALL SWIMMERS **MUST** BE REGISTERED WITH USMS PRIOR TO MEET ENTRY OR SUBMIT AN APPLICATION POSTMARKED BY MARCH 29TH ACCOMPANYING THE MEET ENTRY. SWIMMERS FROM OTHER LMSCs MUST INCLUDE A COPY OF THEIR USMS REGISTRATION CARD (OR CASA FOR CANADIANS) WITH MEET ENTRY. LIABILITY RELEASE MUST BE SIGNED!

**LIABILITY RELEASE:** I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGE, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

SIGNED \_\_\_\_\_ DATE \_\_\_\_\_

## ACCOMMODATIONS

Following is a list of motels in the area

Name/Address	Phone (206)	Restaurant	Approx. distance to pool
Executel 31611 20th Ave. S	941-5888	yes	6 miles
Super 8 Motel 1688 S 348th ST	838-8808	next door	2 miles
Executive Inn (Best Western) 5700 Pacific Hwy E, Fife	922-0080	yes	8 miles
Royal Coachman Motor Inn 5805 Pacific Hwy E, Fife	922-2500	yes	8 miles
Motel 6 - Fife 5201 20th ST E	922-1270	no	8 miles
Nendel's 3518 Pacific Hwy E Fife	922-0550	yes	8 miles
Portage Inn 3021 Pacific Hwy E Fife	922-3500	yes	8 miles
Holiday Inn Express 34829 Pacific Hwy S, Federal Way	838-3164	next door	2 miles

Numerous additional accommodations are available in Tacoma and near Sea Tac airport. Both areas are located approximately 10 miles from the pool.

## HOST (House Our Swimmers Tonight)

If you prefer the camaraderie of staying with other Masters swimmers contact Ann Gindroz at (206) 272-1854

## Social

A no-host social will be held Saturday at 5 PM at the Old Country Buffet, 1816 S. 320th, Federal Way (across from Sea-Tac Mall).

### **OREGON MASTERS DIVE IN TO HELP OREGON CHILDREN & DISABLED**

The Oregon Masters Swim Club has agreed to participate as sponsor club for the 21st annual Jantzen Swim A Lap to benefit Albertina Kerr Centers. The official date of the fund raiser is Saturday, April 20, but organizers have structured the event to allow all swimmers the opportunity to participate on their own schedule.

Participants are asked to raise pledges based on flat amounts or pledges per lap. Swimmers may complete the equivalent of one hour of swimming at any time, at any site, leading to the event. Each lap is based on one length of the pool.

Prizes will be awarded for several levels of amounts raised and a grand prize vacation will be issued to the top individual fund raiser. Teams of ten or more swimmers will have an added incentive to participate this year. Teams raising \$500 or more will be able to keep 25 percent of the total amount collected from pledges.

Olympic gold medalist Don Schollander is again expected to chair the event. He has supported the Swim A Lap since its inception.

Albertina Kerr Centers, founded in 1907, serves children and their families with psychiatric day and residential treatment. The Kerr Early Intervention Program serves children age 3-12. The Kerr Developmental Disabilities Center serves those with developmental disabilities through supported living and job training services. Additional programs offered through Albertina Kerr Centers include adoption and therapeutic foster care for children with special needs.

For more information regarding volunteer or sponsorship opportunities, please contact Geoff Knapp at (503) 239-8101.

## SWIMMER INFORMATION

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_ day \_\_\_\_\_ evening \_\_\_\_\_  
 Pool Assignment \_\_\_\_\_

## Jantzen SWIM-A-LAP

Please collect all pledges of \$5  
 or less and return with pledge  
 sheet. All others will be  
 invoiced. Thank you!

Additional Swimmer Packets  
 available at the following locations:

Albertina Kerr Centers  
 & All Participating Pools

PLEASE CLIP AND MAIL TO:

**SWIM-A-LAP**  
 Albertina Kerr Centers  
 424 N.E. 22nd Avenue  
 Portland, OR 97232

CLIP & MAIL

SPONSOR INFORMATION				
Minimum Pledge \$5 Per Sponsor--All Donations are Tax Deductible				
SPONSOR NAME	ADDRESS	CITY/STATE/ZIP	PLEDGE/Lap	TOTAL*

\*For pre-determined (flat) amount, put amount under TOTAL. You may copy this blank form to obtain additional pledges.

## REGISTRATION FORM

NAME \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 CITY/STATE/ZIP \_\_\_\_\_ DAY PHONE \_\_\_\_\_  
 POOL PREFERENCE \_\_\_\_\_ TIME \_\_\_\_\_

WAIVER:  
 I plan to participate in the SWIM-A-LAP event, and do hereby relieve Albertina Kerr  
 Centers of its agents of any liability which might occur as a result thereof.

Signature (parent or guardian if under age 18) \_\_\_\_\_ Team Name (if any) \_\_\_\_\_

# Why Stretch?

## **Notes from a clinic hosted by Inland Empire Masters**

Three questions were answered at the recent "Strength and Flexibility" seminar for Masters Swimmers held at Gonzaga University.

### **Why Stretch?**

### **What are Some Methods of Stretching?**

### **Which Stretches?**

### **Why Stretch?**

Stretching can enhance performance, assist in relaxation, improve circulation and possibly prevent injury. How does stretching enhance performance?

As you know, your upper body and your lungs are the two primary body parts utilized during swimming. Stretching affects these in the following way. First, stretching can improve shoulder range of motion (ROM). Adequate shoulder ROM is very important especially in the freestyle. It improves shoulder roll which means more muscle involvement (pecs and lats) and therefore more power in the pulling movement of the stroke. It also helps the swimmer achieve a quicker recovery (i.e. quicker turnover). And lastly, there is less chest drag for a swimmer that has a good shoulder roll. For example, a flat stroke or one with minimal shoulder rotation causes the swimmer to plow through water whereas a swimmer with good shoulder roll or range of motion has much less head on resistance while swimming through the water.

Performance is also enhanced by increasing the ROM of the muscles (intercostal, diaphragm, abdominal and latissimus dorsi) involved in the act of breathing. The ability of the swimmer to expand the chest cavity is enhanced which translates into more available oxygen and hence more energy.

Stretching exercises also assist in relaxation as well as improvement of circulation. Studies show that slow, gentle stretching lowers muscle tension created in stressful environments. Have you ever noticed swimmers stretching just before they get on the blocks? Whether the swimmer does this consciously or not, the affect is to relax the muscles and to improve circulation.

And lastly improving your flexibility may reduce the possibility of injury. Early stretching after an injury may enhance muscle ROM and prevent stiffness. It can also prevent unnecessary muscle tears. A tight muscle and a joint with limited ROM is more susceptible to injury during sudden movements. However a word of warning. It is easy to overstretch and re-injure muscle. And for some athletes stretching may actually increase likelihood of ligament injury and joint separation. The idea behind this is that excessive flexibility may destabilize the athletes joints.

### **Don't Stretch If...**

- you have had a recent bone fracture, sprain or strain
- an acute inflammatory or infectious process in or around a joint is suspected
- osteoporosis is suspected or known
- there is a sharp, acute pain with joint movement or muscle elongation

**Methods of Stretching?** There are a whole variety of methods of stretching. Listed below are some of the most common types.

1. Static: Hold one position for at least 20 - 30 seconds. Static stretching can induce muscular relaxation via firing of the GTO's if stretch is held long enough. GTO's or Golgi Tendon Organs respond to muscle force or tension by relaxing the muscle.
2. Ballistic: Bobbing. No long term stretching benefits are realized because there is inadequate time for the tissue to adapt to stretch or for neurological adaptation to occur. Ballistic stretching also initiates the stretch reflex so that there is actually an increase in muscle tension. It becomes more difficult to stretch muscle and connective tissue.
3. Passive: Someone else puts muscle into proper position. This allows stretching beyond normal range of motion (often see this in hospital setting). However

**continued on page 14**

**“Why Stretch?” continued from page 13**

of motion (often see this in hospital setting). However on the down side, there is more chance for injury.

4. Active: Place musculature in sports position (ex. high knee hurdles as runner is walking or swimming recovery stretch)

5. PNF (Proprioceptive Neuromuscular Facilitation): The next two stretches fall under the general category of PNF. PNF has many components. These particular stretches establish a pattern of coordination between muscles and enhances active flexibility. However there is an increased chance of injury

a. Contract-Relax: stretch muscle then gradually contract muscle (hold 6-15 seconds) and passively move in to new ROM. By holding contraction, the GTO's fire and the muscle relaxes even more.

b Contract-Relax-Contract: stretch muscle(quad/hip flexor), then gradually contract muscle (quad/hip flexor). Then relax quadriceps and contract opposite muscle group (hamstrings).

You might now be asking yourself, “Which stretch is most effective?”. That is controversial. Research shows that statistically there isn't much difference between static stretching and PNF. However most authorities assume that PNF results in greater ROM.

How long should each stretch be held? There is no magic number and research is still pending. Typically a stretch should be held 20 - 30 seconds in order to achieve some long-term benefits.

**Which Stretches?** is the third question addressed at the “Strength and Flexibility “ lecture. An all-around stretching program specific to swimming was recommended with emphasis on stretches for those areas of tightness. Several shoulder and chest cavity range of motion tests were performed in order to determine areas in need for the Master swimmer. If you have interest in these, please contact me at the address below:

Jema Delistraty  
1116 W. 24th  
Spokane, WA. 99203

**References**

Alter, M. (1990) How Stretching Works. *Sports Stretch*. Leisure Press, Champaign, IL.

Greipp, J.F. The Flex Factor. *Swimming Technique* (November-January):17-22, 1986.

Hutton. R.S. (1992) Neuromuscular Basis of Stretching Exercises. In P.V. Komi(ed.) *Strength and Power in Sport* pp.29-37. International Olympic Committee. Blackwell Scientific Publications, Oxford, England.

Prichard, B. Increasing Your Range. *Swimming Technique* (February-April): 7-10, 1987.

Prichard, B. Stretching for Speed. *Swimming Technique* (May-July): 32-36, 1987.

## **IMPORTANT NOTICE**

**The Tualatins Hills Pentathlon  
previously scheduled for  
January 27th  
was cancelled due to snow.**

**The meet has been  
RESCHEDULED  
for April 27, 1996**

**You have options....**

**#1.... If you entered, you are  
still entered for April.**

**#2.... If you did not enter and would like  
to swim this meet in April, use  
the form on the next page.**

**#3.... If you entered and would like to  
scratch from the meet in April,  
please WRITE A REQUEST and mail it to:  
Suzanne Rague 935 N.W. 170th Place  
Beaverton, OR 97006**

**THIS FORM IS FOR THOSE PEOPLE WHO DID NOT ENTER THE (JANUARY 27) PENTATHLON.  
IF YOU HAVE ALREADY ENTERED, YOU DO NOT NEED TO ENTER AGAIN.  
YOUR ENTRY FOR JANUARY IS GOOD FOR THE APRIL MEET.**

## **Tualatin Hills Pentathlon**

*"One of the most fun, highly competitive, and best attended meets in the O.M.S. schedule year." -- Z-Man*

Oregon Masters Swimming Short Course Yards Meet

Sanctioned by Oregon Association for USMS, INC. Sanction # 376-02

ELIGIBILITY: Currently registered USMS swimmers, 19 years and older.

Unregistered swimmers must submit a 1996 registration form and fee with this form.

### **TUALATIN HILLS PENTATHLON**

**DATE: APRIL 27th, 1996**

Place: TUALATIN HILLS REC. CENTER POOL

BEAVERTON, OREGON

6 LANES COMPETITION - ELECTRONIC TIMING

SEPARATE CONTINUOUS WARM UP/DOWN LANES

HOST: Tualatin Hills Barracudas

Meet Director: Jeanne Teisher 503- 649-4719

DIRECTIONS TO POOL: Hwy 26 west to the Cornell Road exit. Turn left and cross over the Hwy heading

**WARM-UPS: 8:00 A.M.  
MEET STARTS: 9:00 A.M.**

**All entrants MUST submit a PHOTOCOPY OF THEIR  
CURRENT USMS REGISTRATION CARD OR FORM WITH THIS ENTRY.**

south. Turn left again at signal light and travel south on 158th Avenue. Pool will be on your left.

**ENTRY DEADLINE : POSTMARKED NO LATER THAN: APRIL 13th, 1996**

FILL IN COMPLETELY-----RETURN THIS LOWER PORTION-----FILL IN COMPLETELY

NAME \_\_\_\_\_ 1996 USMS # \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_

USMS CLUB \_\_\_\_\_ (OMS, PNA, IEA, ETC.) Age Groups: 19-24, 25-29, 30-34 etc up to 100+

EVENT	TIME *
50 -- FLY	1) _____:_____._____
50 -- BACK	2) _____:_____._____
50 -- BREAST	3) _____:_____._____
50 -- FREE	4) _____:_____._____
100 -- I.M.	5) _____:_____._____

**\* Enter best time or  
estimated time.**

**Please do not enter "N.T."  
("N.T." = No Time)**

*Please enter your best time or estimated times. Entering "sandbagged" times to get added  
rest time between events or calm water is discouraged. Please be fair to all....Thanks*

**Rules:** A 10 second penalty will be added to your time for any stroke/turn infraction. A false start eliminates you from the 5 event competition, but not from swimming any other races. Your total time for the five events determines your final placing.

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

**MEET ENTRY FEE: \$10.00** Send form(s) & fee(s) payable to: **OREGON MASTERS SWIMMING**  
c/o SUZANNE RAGUE 935 N.W. 170th Place BEAVERTON, OREGON 97006

# TEAMS TEAMS

The following is a list of all the teams currently registered with Oregon Masters Swimming, Inc. Use the official team abbreviation shown when filling out your 1996 USMS registration form by placing it on the line labeled "Local Team." If you do not belong to a team, leave this line blank. If you belong to a team that does not appear on this list, you've formed a new team, or if the information shown is incorrect, please CONTACT THE EDITOR: John Zell 4640 N.E. 36th Ave. PDX, OR 97211-7618 (503) 282-9347 (evenings after 7 p.m.)

This is also a list of the current TEAM CONTACT/REPRESENTATIVE for each registered team.  
*Any changes in team contact/ reps should be made with Eric Guest or John Zell.*

*A Team Contact / Representative must be a current member of Oregon Masters Swimming to have a vote in OMS elections or at the annual OMS Board meeting.*

CITY / TEAM NAME	ABRV.	CONTACT/REP	PHONE
Albany / Albany Masters	ALB	Pauline Stangel	926-0468
Ashland / Rogue Vally Masters	RVM	June Mather	482-0610
Astoria-Seaside / N.Coast Swim Club	NCSC	Steve Warner	738-6661
Beaverton / Griffith Park Ath. Club	GPA	Judy Belford	244-6245
Beaverton / Tualatin Hills Barracudas	THB	Sandi Rousseau	642-3679
Bend / Central Oregon Masters	COMA	Matt Mercer	389-7665
Coos Bay / Bay Area Masters	BAM	Alice Parsons	267-7860
Corvallis / Corvallis Aquatic Masters	CA	Judy Storie	754-9624
Creswell / Bohemia Swim Assoc.	BSA	Mike Dirksen	895-3594
Eugene / Downtown Athletic Club	DAC	Jerry Andrus	484-4011
Eugene / Eugene Masters	EM	Doug Smith	687-5525
Eugene / Eugene Family YMCA	EY	Dick Moody	686-9622
Eugene / Univ. of Oregon Masters	UOM	Don Van Rossen	746-2286
Eugene / Sheldon Night Crawlers	SHNC	Chuck	687-5314
Eugene / Sloths Masters	SLO	Robert Huizenga	485-6621
Grants P. / Grants Pass Family YMCA	GPY	Ron Jersey	479-2263
Gresham / Mt. Hood Masters	MHM	Eric Guest	668-4465
Hood River / Hood River BALD Eagles	HRBE	Micheal Pendleton	386-5421
Keizer / Keizer Masters	KM	Kim Phillips	390-2567
Klamath F. / Klamath Falls Masters	KLF	Bev L'Esperance	884-9093
Lk Oswego / Lake Oswego Swim Club	LOSC	Sue Girard	697-8257
Lk Oswego / Mountain Park Masters	MPM	Dana Walling	635-3561
Lincoln C. / Lincoln City Masters	LCM	Gail Kimberling	994-8423
Medford / Southern Oregon Swimmers	SOS	Dorcas Phelan	826-3864
McMinnville/ McMinnville Masters	MM	Judy Rex	472-0765
Newberg / Chehalem Masters	CMST	Bruce Cheney	625-5747
Newport / Yaquina Bay Family YMCA	NEWP	Russ Eidman	265-7770
Portland / Pride of Oregon Masters	PRID	Don King	768-7060 x 7189
Portland / Mittleman Jewish Comm Ctr	MJCC	Aquatic Dept.	244-0111
Portland / Multnomah Athletic Club	MAC	Ginger Pierson	244-7706
Portland / Metro YMCA	MY	Paula Brunsman	294-3366 x 13
Portland / North Clackamas Aq. Park	NCAP	Tim Waud	655-7131
Portland / Parkrose Masters	PKRS	Bert Peterson	252-6081
Portland / Portland Comm College	PCC	Karl Von Tagen	244-6111 x 4201
Portland / Portland Parks Masters	PPM	John "Z-Man" Zell	282-9347
Portland / Princeton Athletic Club	PAC	Mark Williams	294-1426
Portland / RiverPlace Athletic Club	RAC	Susan Manning	221-1212 x 417
Portland / Team Portland Aquatic Club	TPAC	Jill Schuldt	228-1596
Portland / Willamette Atheletic Club	WAC	Marty Popp	225-1068
Redmond / Cascade Aquatic Masters	CAM	Greg McPheeters	546-3677
Roseburg / Umpqua Valley MaBters	UVM	Judy McCurdy	679-8144
Salem / Mid-Willamette Valley Masters	MWVM	Elfie Stevenin	363-1403
Salem / WH20 Masters	WH20	John DeJarnatt	588-2060
Sweet Home / Sweet Home OR Masters	SHOM	Liz Church	367-3191
Vancouver, WA / Vancouver Old Timers	VOT	Andy Schrag	(206) 254-9661



# 1996 OREGON MASTERS SWIMMING REGISTRATION FORM

*The registration year runs from January 1, 1996 through December 31, 1996.*

Registrations are accepted for 1996 beginning November 1, 1995 and for 1997 on November 1, 1996.

OMS is a non-profit organization supported totally by volunteers. Officers are chosen by you in elections.

Your registration fee enables OMS to provide you with:

1. Local Masters Swimming meet support.
2. National representation for all Oregon Masters Swimmers at the annual United States Aquatic Sports Convention.
3. Promotion of Masters Swimming and social events.
4. Our monthly publication, the AQUAMASTER, enables you to get final meet results and find out what's happening in Masters swimming. The AQUAMASTER is the *ONLY* source of meet entry forms.

*If you move, let the registrar know, so that you continue to receive this valuable publication.*

\$15.00 of your \$28.00 registration is sent to the US Masters Swimming, Inc. (USMS)

USMS provides the following for you:

- Personal accident insurance when competing in OMS or USMS sanctioned / recognized meet or coached practice session.
- "Swim Magazine" subscription for one year "The Official Magazine of USMS" Bi-monthly 6 issues  
48+ pages of informative articles of all types covering training techniques, nutrition, meet results, etc.
- National championships held each May and August.

Your Club designation affects eligibility to swim on relays at any National or International Championship. Regardless of your local team, anyone within the Club OREG can swim on relays with other OREG swimmers. MACO (Multnomah Athletic Club) swimmers can swim relays with those registered with MACO. If you register "unattached", you are ineligible to swim on relays. You shall be registered for OREG, unless you specify otherwise.

## **INSTRUCTIONS FOR FILLING OUT THIS FORM:**

- 1) All fields must be filled out.
- 2) Check the appropriate Club.
- 3) Local Team is the team you swim with (leave blank if you do not swim with an organized team.)
- 4) Make check payable to Oregon Masters Swimming (OMS).
- 5) Sign the form and mail with your payment to address indicated on the form. You are considered registered as soon as the registrar receives your correctly filled out application with payment. *It may be up to 1 month before you receive your registration card back.* Until this time you can enter your registration number on meet entry forms as 'applied for'. You may enclose the registration form with your meet entry when entering a meet, but in this case send both to the address on the meet entry form and NOT TO THE REGISTRAR LISTED BELOW.

**New  
info for  
1996**

1. Subscription to the Aqua-Master is no longer an option. All members will receive this excellent publication.
2. A "Joint-Registration" fee is available for two O.M.S. members living at one address.  
Please mail both registrations at the same time to qualify. Only one Aqua-Master will be mailed to that address.
3. A reduced registration rate will be offered for new members who join beginning in September. This new registration will run from September thru December 31st of that year. This new reduced rate form will be in the Aqua-Master beginning with the August issue.

-----CUT HERE-----RETURN ONLY THIS LOWER PORTION-----CUT HERE-----

Only the first 20 characters of your name will appear on heat sheets and results.

**PLEASE PRINT**

(JANUARY 1st to DECEMBER 31, 1996)

\_\_\_\_\_ This is a *NEW* registration. \_\_\_\_\_ Renewal (registered in 1995)

**Oregon Masters Swimming  
Registration 1996**

*Did you swim in any meet in the 1994/95 season?* Yes \_\_\_\_\_ No \_\_\_\_\_

NAME \_\_\_\_\_ Reg. Fee (\$28.00) \_\_\_\_\_

(Last name)

(First)

(M.I.)

--- OR ---

ADDRESS \_\_\_\_\_ Joint Registration (\$49.00) \_\_\_\_\_

(Joint Registration = two members at one address)

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

( ) - \_\_\_\_\_ - \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
Your Phone number Born (MM/DD/YY) AGE SEX

USMS Club: ( ) OREG ( ) MACO ( ) UNATTACHED

**ARE YOU A MASTERS COACH? YES \_\_\_\_\_**

**Local Team (if any)**

**(PLEASE USE OFFICIAL TEAM ABBREVIATION)**

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

Signature \_\_\_\_\_ Date: \_\_\_\_\_

**MAIL TO: STEPHEN HARGER P.O. BOX 4856 PORTLAND, OR 97208 - 4856**

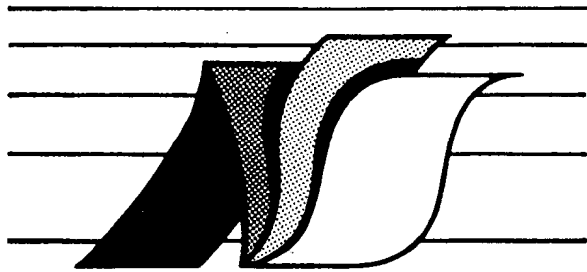
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In this issue: Herb Eisenschmidt remembered, "Why Stretch?", "Workout Expectations", and more.